

## Summarizing overview

by Michael Striem

 **Joy** is the state of being that allows one to experience [feelings](#) of intense, long-lasting [happiness](#) and [contentment](#) of life.

It is a subjective feeling, a conscious state of a moment.

Joy is not matter, yet it matters most.

Joy and pain are cooperating; they shape matter everywhere.

 **The Food Chain of Energy and Soul.** From the worm to the [cherub](#), all drinks joy from nature's breasts to gap, and heel modern difficulties (in: [Ode to Joy](#)).

From the worm to the cherubim, there is a single continuum of being. Every form of life seeks out what nourishes it, what allows it to flourish. Joy **IS** that nourishment. It **IS** the signal that life is aligning with its own unfolding potential.

Joy belongs to all of them. It is not owned by the highest or denied to the lowest. The entire spectrum drinks from the same source.

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 **Joy as the Driver of Evolution.** Joy is not a privilege of achievement but a birthright of existence. Joy is the energetic and conscious thread that runs through both the biological food chain and the metaphysical unfolding of existence. If we think of consciousness as “the driver,” then joy is the fuel that motivates movement — not a mere byproduct.

It directs evolution toward richer, more integrated experiences:

- From chemical pleasure → sensory satisfaction → emotional harmony → spiritual bliss.
- Each level refines the same basic signal: alignment with the flow of universal energy.

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 **The Joy of Return.** Everything that lives will be consumed, transformed, and rejoined with the greater whole. The eater and the eaten are phases of one energy celebrating itself. What we call death may simply be the completion of another cycle of transformation, matter returning to matter, awareness to awareness, energy to energy.

Joy is the thread that runs through it all: the taste of harmony, the sense of rightness, the universe whispering “yes” through every living form.

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 **The Physical Ground:** Life depends on the constant transformation of energy (joules). Plants absorb sunlight; animals consume plants and one another; decay returns all to soil. Every organism, when it feeds or thrives, experiences something more—pleasure. The satisfaction of hunger is not merely chemical. That feeling is Joy at its most physical level—the sensation of harmony within the system’s energy flow. When the body’s rhythms align

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and energy moves without resistance, the whole being resonates. In that resonance, matter becomes aware of itself.

Modern science measures what ancient intuition already knew: the body is an electromagnetic symphony. Neurons fire, hearts pulse, rhythms synchronize. When joy arises, the brain's fields become coherent, the heart's beat steadies, breathing deepens. The organism moves as one.

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 **Feeling, then, is the body's way of knowing its own energy.** Joy is the clearest note of that knowing a deep vibrational sense that “this is right; this flows.” It appears as intuition, as a gut feeling, as love, as the quiet certainty that one’s path is in tune with the larger movement of life.

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 Tonight, as I sip a glass of wine made from vines I tended, I taste sunlight, soil, water, and time condensed into one brief, radiant moment. The joy I feel is not mine alone, it is the energy of the world, flowing through me, knowing itself, and smiling.

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## Some jewels as joules become joy and calories build consciousness

- 🌿 Life does not end with its metabolism, it continues, through memory, intuition, cooperation, identity, imagination, and meaning.
- 🍇 A vine reaches for sunlight, a wolf reaches for its pack, and a human reaches for beauty, belonging, and truth.
- ✨ We do not only consume energy, but we also translate it into experience.
- 🎨 Wherever life refines interiority, energy becomes more than motion; it becomes learning, emotion, and gratitude.
- ⭐ Joy lights the pathway toward flourishing while pain teaches the edges of existence.
- 🍷 Across evolutionary time we learn to walk, to think, to love, to make wine, to write music, to dream, and sometimes to feel awe.
- 🎵 It may be that the destiny of life is to sing with its whole being, to harmonize matter and meaning, biology and interiority, metabolism and joy.
- 🌙 We are here to live and survive nature; we are here to feel nature from within.
- 🥂 Let us raise a glass to that quiet miracle:  
**energy becoming awareness,  
awareness becoming direction,  
and direction becoming joy.**  
**Joy is not matter, yet it matters most.**



To life, to joy, and to the beautiful interiority of living systems.

~~ Michael Striem ~~

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